

Resources

Students Helplines and Resources	
<p>Kooth.com A confidential online counselling service that pupils can access anonymously which also provides blogs and articles related to issues that matter to them and opportunity to chat.</p>	<p>www.kooth.com</p>
<p>NHS Choices An excellent information hub offering young people advice and help on mental health problems including depression, anxiety and stress.</p>	<p>www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx</p>
<p>Check your mood – understand your mood and how you feel</p>	<p>www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx</p>
<p>Coping with your low mood A free poster from the department of psychiatry.</p>	<p>www.psych.ox.ac.uk/news/free-poster-coping-with-your-low-mood</p>
<p>Get Connected is a free, confidential helpline service for young people under 25, who need help, but don't know where to turn.</p>	<p>The helpline number is 0808 808 4994 www.getconnected.org.uk/</p>
<p>Childline a free, private and confidential service for children and young people - online, on the phone, anytime.</p>	<p>The free phone number is 0800 1111 www.childline.org.uk/</p>
<p>Childline Useful tips to help children and young people deal with exam stress.</p>	<p>www.childline.org.uk/globalassets/info-and-advice/school-work-and-college/school-and-college/exam-stress/beat-exam-stress.pdf</p>
<p>Young Minds information to young people and children about mental health and emotional wellbeing</p>	<p>https://youngminds.org.uk/</p>
<p>Papyrus Charity that aims to prevent young suicides. It has a helpline for young people at risk of suicide or for people worried about a young person at risk of suicide called HOPELineUK.</p>	<p>The helpline number is 0800 068 41 41 www.papyrus-uk.org/</p>
<p>Relate Provides local counselling services for all ages including young people. It also has an online emotional support and advice resource called IRelate which provides information and access to an online counsellor</p>	<p>https://www.relatelnee.org.uk/services/children-and-young-people/</p>
<p>Rise Above Helps 11-16 year olds build emotional resilience by equipping them with knowledge and skills to deal with pressures they may face. It also provides an online platform through which young people can converse with peers alongside professional support.</p>	<p>https://riseabove.org.uk/</p>
<p>Youth Access Offers a directory of local youth information, advice and counselling services for young people aged 14-25</p>	<p>www.youthaccess.org.uk</p>

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Parents/Carers Helplines and Resources	
<p>Young Minds Parents' Helpline Free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Reliable information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25.</p>	<p>The parents' helpline number is 0808 802 554</p>
<p>The Anxious Child A booklet for parents and carers wanting to know more about anxiety in children and young people The Mental Health Foundation.</p>	<p>www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf</p>
<p>Mindful Monsters Provide a set of cards that parents can subscribe for and they then receive a pack each month for a year which enables them to do activities with their children. They help with their concentration, relaxation, positivity and creativity through mindfulness.</p>	<p>https://mindfulmonsters.co.uk</p>
<p>Free resources for parents, professionals and others interested in mental and emotional wellbeing. This site includes advice on an emotionally healthy approach to GCSEs for students, parents and schools. Coping with self: A guide for parents and carers. A parent's guide to depression An emotionally healthy approach to GCSE's – A guide for parents</p>	<p>www.cwmt.org.uk/resources</p> <p>www.cwmt.org.uk/resources?lightbox=datatem-iyuk9n5j1</p> <p>www.cwmt.org.uk/resources?lightbox=datatem-iyuk9n5k2</p> <p>https://docs.wixstatic.com/ugd/b5791d_65e2348ed5884c89b0c32bfd02d96ce.pdf</p>
<p>Understanding Young Minds This online course, 'Talking to your children about emotional resilience and self-harm', has been designed to provide you with a basic awareness of the subject to help you approach your children with confidence about the issue.</p>	<p>www.virtual-college.co.uk/resources/free-courses/understanding-young-minds</p>

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